

DATINGMATTERS®

STRATEGIES TO PROMOTE HEALTHY TEEN RELATIONSHIPS

DATING MATTERS AT-A-GLANCE

Dating Matters: Strategies to Promote Healthy Teen Relationships is a comprehensive teen dating violence prevention model developed and evaluated by the Centers for Disease Control and Prevention (CDC). Dating Matters aims to promote healthy relationship behaviors and prevent teen dating violence before it starts. The model is based on current evidence about what works in teen dating violence prevention and focuses on 11- to 14-year-olds. It includes multiple prevention components that focus on individuals, peers, families, schools, and neighborhoods. These components work together to reinforce and promote respectful, nonviolent dating relationships.

WHAT ARE THE COMPONENTS OF DATING MATTERS?

The Dating Matters comprehensive teen dating violence prevention model is comprised of 7 prevention components (shown below). These components address key risk and protective factors for teen dating violence across the social environments that influence young people, including peers, their families, their school, and their neighborhood. The seven Dating Matters components are designed to reinforce consistent messages about healthy relationships across these contexts; promote complementary skills for youth, parents, and educators; and support these skills and messages with policy efforts.



**Centers for Disease
Control and Prevention**
National Center for Injury
Prevention and Control

THE SEVEN COMPONENTS OF DATING MATTERS

Youth Programs

The Dating Matters youth programs provide middle school students with the knowledge and social-emotional skills (i.e., emotional expression and management, social skills) they need to expect and engage in healthy, safe relationships when they start dating. CDC developed the 6th and 7th grade programs and adopted an existing evidence-based program, Safe Dates, for 8th grade. Teachers, school staff, or a prevention educator from the community deliver the programs during the school day.

Parent Programs

The Dating Matters parent programs provide parents and caregivers of 11- to 14-year-olds with skills for positive parenting and effective parent-child communication while also helping them engage in a dialogue with their kids about healthy, safe relationships. CDC developed the 6th and 7th grade programs, and adopted an existing evidence-based program, Families for Safe Dates, for 8th grade. The programs use a combination of group sessions facilitated by prevention educators in community-based settings and self-guided activities for parents and teens to complete at home.

Understanding Teen Dating Violence Prevention Training for Educators

The Dating Matters Training for Educators provides teachers and other school personnel with critical knowledge about teen dating violence as well as the specific skills, strategies, and resources needed to prevent violence from occurring and to implement prevention activities in their schools.

i2i: What R U Looking 4? Youth Communications Program

i2i What R U Looking 4? reinforces messaging from the Dating Matters youth programs for all grades and promotes healthy dating behaviors by using teen-led communications strategies (e.g., social media, community events) to reach youth in their communities.

Capacity Assessment and Planning Tool

The Dating Matters Capacity Assessment and Planning Tool guides organizations in enhancing local public health capacity to implement comprehensive teen dating violence prevention across their communities. It uses a collaborative four-step planning and action process developed by CDC.

Guide to Using Indicator Data

The Dating Matters Guide to Using Indicator Data aids local health departments (and other implementers) in collecting and using the best available health indicator data to inform community-level teen dating violence prevention activities.

Interactive Guide to Informing Policy

The Dating Matters Interactive Guide to Informing Policy provides an overview of policy approaches to teen dating violence prevention, important considerations for informing policy, guidance for developing a policy plan, and tools and resources related to policy development, implementation, and evaluation.



THE DATING MATTERS TOOLKIT

CDC developed the Dating Matters Toolkit to give you everything you need to kick-off and sustain the Dating Matters comprehensive teen dating violence prevention model in your community. In addition to all of the materials you need to implement each of Dating Matters' seven prevention components, the Toolkit also includes:

Guide to Implementation

This Guide aids local health departments, or other lead community based organizations, in planning and successfully implementing the Dating Matters model, including information on:

- capacity-building
- staffing needs
- building community partnerships
- engaging stakeholders
- planning a budget
- recruiting and engaging participants
- tracking outcomes
- sustainability planning

Coaches' Playbook

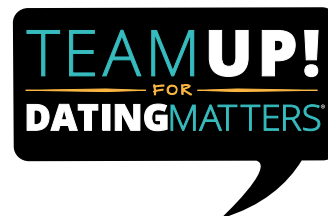
The Coaches' Playbook provides guidance for Dating Matters Coaches in their role as health department staff members responsible for overseeing and supporting youth and parent program facilitators. The guidance includes information on characteristics of good facilitators, training, supervision, and monitoring fidelity.

Online Facilitator Training for Youth and Parent Programs

Free, online training is available for youth and parent program facilitators. The training includes interactive exercises, quizzes, video demonstrations featuring experienced youth and parent program facilitators, and homework assignments to reinforce skills and knowledge. The site includes an accompanying training manual.

Team Up! for Dating Matters Community of Practice

Team Up! is an online community of practice for everyone involved in Dating Matters implementation. It utilizes a free, web based or mobile application to create a virtual place for communities to collaborate, problem solve, and share knowledge about Dating Matters.



READY TO GET STARTED?

The Dating Matters Toolkit—with all of the materials, guidance, and tools you need to implement Dating Matters—is available on CDC's VetoViolence website at <https://vetoviolenecdc.gov/apps/dating-matters-toolkit/#>. The Toolkit is your one-stop-shop for everything Dating Matters.